



PATELLA ORIF REHAB PROTOCOL

Weight bearing status: Weight bearing as tolerated with ROM brace locked in extension

Phase I: 0-6 week

Goals:

- Maintain integrity of repair
- Decrease pain and inflammation
- Promote tissue and fracture healing
- Achieve/maintain full extension
- Incrementally increase passive range of motion (per surgeon consultation)
- Facilitate quadriceps contraction
- Patient education of precautions and progressions

Precautions:

- No quick movements
- No aggressive stretching
- Avoid PROM that is too aggressive or provokes muscle guarding
- Keep incision dry and clean
- Ensure proper brace fit/locked in extension

0-2 weeks

- PROM 0° extension
 - Must achieve 0° extension
 - No flexion
- Patella mobilizations
- May initiate quadriceps isometrics (relative pain free)
- Brace locked at 0° and WBAT with crutches

2-4 weeks

- Maintain 0 degrees extension.
- Ambulation with brace locked at 0° and WBAT

4-6 weeks

- Advance flexion ROM to 30 degrees (or per physician recommendation)
- Continue with current exercises and activities

Phase II: 6-12 weeks

Criteria to progress to phase II.

- Achieve bone healing by adhering to precautions in phase I
 - Check with surgeon
- Staged ROM goals achieved (per consultation with surgeon)
 - ROM to 60 degrees week 6-7
 - ROM to 90 degrees weeks 7-8 with staged advancement thereafter
- Minimal pain/effusion

Goals for Phase II

- Continue healing of fracture site
- Do not overstress healing structures
- Restore full PROM by week 12
- Normalize AROM
- Initiate gradual return to functional activities and light work activities
 - Note: progression is time and criterion based and needs to progress per continuous assessment of patient's impairments and functional limitation

6-12 weeks

- Initiate functional weightbearing exercises
- Initiate open kinetic chain AROM
- Initiate isotonic strengthening exercises
- Initiate balance/proprioception exercises



- Advance intensity of PROM
- Unlock brace with ambulation, once displays functional quadriceps control may switch to functional short hinge knee brace.

Phase III: 12+ weeks

Criteria to progress to phase III

- Minimal pain with AROM and strengthening activities
- Full AROM without substitution
- 5/5 strength without substitution

Goals

- Full Passive/AROM
- Enhance dynamic stability
- Gradual restoration of strength, power, and endurance
- Advance neuromuscular control
- Return to full ADLs/work
 - 12+ weeks: Advance all activities based upon patient goals and expectations.

Each patient is an individual and should be treated as such. Work together with the referring orthopedic for optimal patient outcome.